

Gosh, is someone there? Hello!  
My name's Boing. Come on, let's go!  
There's lots for me to do, you see.  
Would you like to come with me?

What do I have planned, you ask?  
Well, I have several little tasks  
To help my friends in some small way.  
I really love to make their day!

Helping my friends gives me joy!  
It makes me smile so much, oh boy!  
Even if it's a small thing,  
Seeing them smile makes my heart sing.

When friends need help, I'm always there.  
They appreciate my care.  
Sometimes, though, I do regret  
My own self-care I can forget.

My friends mean so much more to me  
That I lose sight of my own needs.  
What I want, I tend to ignore  
Because my friends' needs matter more.

When something's wrong, I don't feel good,  
And then I wonder if I should  
Tell my friends I'm out of whack...  
No, they're busy. I'd hold them back.

It's unhealthy to think like that,  
Your feelings should not go scrapped.  
With good friends, you can confide  
Your thoughts. Don't keep them inside!

It's good to love and help your friends,  
But that's not where your care should end!  
Be just as kind to yourself, too.  
You do matter! That's right, it's true!

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*Disclaimer: Boing is Kind to Her Own Mind and all Rainbowbelly Gang characters/written works belong to me, Rebecca Lambeth. You may **not** use my work or my characters without my permission - please get in touch if you would be interested in working together.*

